



The Sertoma Arts Center

1400 W Millbrook Rd.
Raleigh, NC, 271612 (919) 420-2329

Family Winter/Spring Programs

Music - Sertoma Group Guitar for Beginners

Age 10 yrs. and up. Students will learn the basics of hand positioning, how to read music notation/tablature, as well as chord diagrams and riffs. Learn in a fun environment and jam with new friends! Student must bring their own acoustic or electric guitar.

Scott Niebauer instructs. Class Fee: \$60

#116936 Jan 23-Feb 27 M 6:30 pm - 7:30 pm

Music - Sertoma Advance Group Guitar

Age 10 yrs. and up. Advanced Guitar class picks up where beginning class leaves off, assuming mastery of all previous chord shapes, techniques, etc. Barre chords will be mastered at the end of advanced guitar class, along with scales to get you up and down the neck. Also covering more advanced chord shapes, scales, and some improvisation. Students will also have the opportunity to learn popular songs of their choice as facilitated by instructor. Student must bring their own acoustic and/or electric guitar and amp. Scott Niebauer instructs. Class Fee: \$60

#116938 Mar 19-Apr 23 M 6:30 pm - 7:30 pm

Special Event - Paint Your heART Out!

All Ages. Help us help you! Sertoma is hosting the 3rd annual Paint your heART out valentines inspired arts and scholarship support programs. Each person will get the opportunity to create an original valentines inspired masterpiece on canvas using paint and other materials onsite. Each art piece will then be displayed in the Arts center as February's gallery exhibit. Participants can pick up their artwork after the exhibit ends. Pick up dates will be announced the day of the event. This is a great opportunity to support the arts and scholarship programs while spending time with your loved ones! Pre-registration a plus! Day of registration available. Minimum Donation: \$6.00 per person For donations above the minimum please call Sertoma at 919-420-2329, include a note on your registration or bring it in person the day of the event. Class Fee: \$6

#116881 Feb 4 Sa 10:30 am - 2:00 pm

#116882 Feb 4 Sa 10:30 am - 2:00 pm

Dance at Sertoma

All Ages. If you love to dance then come out and enjoy an evening with dancing the night away! There will be a live band as well as dance instructors from our dance classes. This is a free dance and is open to all. This is a great opportunity to practice your steps and learn some new ones. Participants under the age of 18 must be accompanied by an adult. \$0

#117201 Apr 17 Tu 7:30 pm - 9:30 pm

Egg Hunt

Age Up to 10 yrs. Come join your local community center for a fun-filled morning. Check with the center closest to you to find out what exciting pre-hunt events are planned. Hunts start promptly at 11:00am. This is a free activity and pre-registration is not required. Class Fee: \$0

#117976 Mar 31-31 Sa 10:00 am -12:00 pm

Exercise - Sertoma The 52 moves of the Nia Technique

Age 12 yrs. and up. Nia is a fun and expressive body-mind-spirit fitness program that combines elements of the martial arts, the dance arts and the healing arts. The 52 Moves are the basic moves of the Nia Technique and are designed to provide a whole-body conditioning practice that is safe, pleasurable and adaptable for all fitness levels. This workshop is designed to provide you with the opportunity to learn, move and energize the fundamental movements of Nia. No Nia experience necessary. Class Fee: \$25

#116625 Mar 3 Sa 12:30 pm - 3:00 pm

#116873 Mar 18-Apr 29 Su 4:00 pm - 5:00 pm

#116874 Mar 23-May 4 F 12:00 pm - 1:00 pm

#116877 Jan 27-Mar 2 F 12:00 pm - 1:00 pm



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Photography - Sertoma Outdoor Nature Photography

Age 13 yrs. and up. Do you love nature and outdoor creatures? Then this is class for you! Learn how to compose images in an outdoor setting at Shelley Lake and Park. This class will help you with your camera while learning to photograph the Great Outdoors and its inhabitants. Students will learn tricks of the trade at the Sertoma Arts Center before heading outside to shoot. This class is for all levels. Students must bring their own camera, any kind will work! Sol Levine instructs. Class Fee: \$98

#116705 Mar 6-27 Tu 6:30 pm - 8:30 pm

Exercise - Sertoma Tai Chi for Beginners

Age 10 yrs. and up. Tai Chi is a slow and continuous motion that is combined with a focus on physical balance and mental concentration. It is a moving meditation that relaxes body and mind. Many medical professionals endorse Tai Chi as therapeutic for various health conditions. The class will introduce basic skills of body alignment, balance, coordination, and breath control.

Through the exercise of weight transfer and core rotation, students will enhance internal energy and build physical strength. Instructor: Dr. Xiaoqin Wu Turner. Class Fee: \$48

#116826 Jan 25-Feb 29 W 5:00 pm - 6:00 pm

#116899 Mar 21-Apr 25 W 5:00 pm - 6:00 pm

Exercise - Sertoma Zumba

Age 12 yrs. and up. Zumba is all about partying your way to fitness! ALL fitness levels enjoy this perfect blend of dance and exercise. You will have so much fun that you won't even realize that you're burning up to 1000 calories per class! We'll explore Salsa, Samba, Cumbia, African Dance, belly dance, and more -- in a fun and easy to follow format. All songs are devoted to toning our bodies while we are dancing. Some classes may vary in price due to a 5 week or 6 week class. Call 420-2329 if you need more information. Evening and Sunday Instructor, Diana Call - Spanish and English Bilingual instruction available, Lunch time Zumba instructor Roxanna Cherry Winter/Spring youth Zumbatonic and Zumba are at the same time from 4-5pm on Sundays...Great opportunity for everyone to take a different class at the same time! Class Fee: \$48

#116870 Jan 24-Feb 28 Tu 6:00 pm - 7:00 pm

#116871 Jan 29-Mar 4 Su 4:00 pm - 5:00 pm

#116872 Mar 20-May 1 Tu 6:00 pm - 7:00 pm

#116873 Mar 18-Apr 29 Su 4:00 pm - 5:00 pm

#116874 Mar 23-May 4 F 12:00 pm - 1:00 pm

#116877 Jan 27-Mar 2 F 12:00 pm - 1:00 pm

Exercise - Sertoma Nia

Age 13 yrs. and up. Nia explores the body, mind, emotion, and spirit connection in a non-impact practice that combines martial arts, dance, and healing arts. It delivers a safe, effective cardiovascular workout with total body conditioning adaptable to all fitness levels. Before undertaking any exercise program one should consult a physician. To learn more visit www.trianglenia.com.

Instructors, Julie Ihrig, Laura Ghantous, Darlene Downing, Class skips: Fall 10/11, 11/25-26, 11/17 & 24. Class Fee: \$56

#116627 Jan 10-Feb 21 Tu 9:30 am - 10:30 am

#116628 Mar 6-Apr 24 Tu 9:30 am - 10:30 am

#116629 Jan 13-Feb 24 F 9:30 am - 10:30 am

#116630 Mar 9-Apr 27 F 9:30 am - 10:30 am

#116631 Jan 14-Mar 3 Sa 10:00 am - 11:00 am

#116632 Mar 17-May 5 Sa 10:00 am - 11:00 am

#116633 Jan 19-Mar 8 Th 7:15 pm - 8:15 pm